

RESEARCH EVIDENCE FOR PROMOTING HEALTH AMONG TEENS-
ABSTINENCE ONLY (PHAT-AO)

Study Citation:	Jemmott, J. B.,III, Jemmott, L. S., & Fong, G. T. (2010). Efficacy of a theory-based abstinence-only intervention over 24 months: A randomized controlled trial with young adolescents. Archives of Pediatrics & Adolescent Medicine, 164(2), 152-159.
Study Setting:	Saturday program offered to students attending four public middle schools in a low-income African American community in the northeastern United States
Study Sample:	African American students in grades 6 and 7 <ul style="list-style-type: none"> • Mean age 12 years • 53% female and 47% male
Study Design:	Randomized controlled trial. Study participants were randomly assigned to one of five conditions: (1) an 8-hour abstinence-only intervention; (2) an 8-hour safer sex-only intervention; (3) an 8- hour comprehensive abstinence and safer sex intervention; (4) a 12-hour comprehensive abstinence and safer sex intervention; or (5) an 8-hour general health-promotion program that served as a control group. Surveys were administered immediately before the intervention (baseline) and at five later periods—3, 6, 12, 18, and 24 months after baseline. The effectiveness of each intervention was assessed relative to the control group. This report focuses only on the effectiveness of the 8-hour abstinence-only intervention.
Study Rating:	The study met the review criteria for a high study rating.
Study Findings:	Averaged across the five follow-up periods: <ul style="list-style-type: none"> • Adolescents participating in the intervention were significantly less likely to report having had sexual intercourse in the previous three months. • Adolescents participating in the intervention who were sexually inexperienced at baseline were significantly less likely to report having initiated sexual intercourse. • The study found no statistically significant program impacts on the likelihood of having multiple sexual partners or unprotected intercourse in the past three months.
	The study also examined program impacts on consistency of condom use. Findings for this measure were not considered for the review because they did not meet the review evidence standards. Specifically, findings were reported only for subgroups of youth defined by sexual activity at follow up.

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